

### how to score:

- Allow a time limit to get as many high 5's as possible.
- Can you continue running until you achieve 10, 15 or 20 high 5's ?

[Video Demonstration](#)



### how to play:

- Pairs set off running in opposite directions around the garden.
- When they meet each other, they must high 5, turn around and run back in the opposite direction meeting each other again to high 5.

This document is for guidance only.

Please consider individual child requirements and carry out a risk assessment of facilities and equipment before activities.

## By practicing this activity, your child will develop the following skills:

- ✓ Coordination and movement
- ✓ Speed and agility
- ✓ Move with control
- ✓ Quick feet
- ✓ Aerobic endurance
- ✓ Speed endurance

## National Curriculum criteria:

### Key Stage 1 (Years 1 & 2)

- ✓ Master basic movements including running, jumping, throwing and catching and begin to apply these in a range of activities.
- ✓ Develop balance, agility and coordination, and begin to apply these in a range of activities.

### Key Stage 2 (Years 3 to 6)

- ✓ Use running, jumping, throwing and catching in isolation and combination.
- ✓ Develop flexibility, strength, technique, control and balance.

This document is for guidance only.

Please consider individual child requirements and carry out a risk assessment of facilities and equipment before activities.